## ALA KING

### Nutrition Facts

Serving Size 1 Cup prepared (56g dry mix)
Servings Per Container 5

**Amount Per Serving**

| | |
|---|---|
| **Calories** 220 | Calories from Fat 45 |
| | **% Daily Value*** |
| **Total Fat** 5g | **8%** |
| Saturated Fat **1g** | **5%** |
| *Trans* Fat 1.5g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 1150mg | **48%** |
| **Potassium** 440mg | **13%** |
| **Total Carbohydrate** 33g | **11%** |
| Dietary Fiber 3g | **12%** |
| Sugars 5g | |
| **Protein** 9g | |

| | |
|---|---|
| Vitamin A 20% | • Vitamin C 5CP/0 |
| Calcium 30% | • Iron 20% |
| Vrtamin D 10% | • Vitamin E 10% |
| Thiamin 30% | • Riboflavin 20% |
| Niadn 20% | • Vitamin B6 20% |
| Folate 45% | • Vitamin B12 10% |
| Biotin 10% | • Pantothenic Acld 15% |
| Phosphorous 25% •• | Iodine 10% |
| Magnesium 25% | • Znc 20% |
| Selenium 40% | • Copper 15% |

*Pecent Dailgalues are tendon a 2,000 calade dor Your LW** rrey be *Wales* deeming onyour calorie reeds

| Calories | 2000 | 2,500 |
|---|---|---|
| Val Fat | l e s t * | 600 |
| Saturated Fat | Last* | |
| Chalesbard | a s t * | i8m, |
| Sodium | t a u t * Zama | 'amil |
| Potessium | 3,500mg | 3500t©9 |
| Dcarbo.lerate | 300[ | 375[ |

Cal(ofIT: • Carbolyirate 4 • Prot* 4

**INGREDIENTS:** Enriched pasta [durum semolina (niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)], textured soy flour, corn syrup solids, partially hydrogenated vegetable oil (canola, soy, cottonseed oil), dried onion, rice flour, dextrose, salt, hydrolyzed corn protein, dried green peas, dried red and green bell pepper, calcium phosphate, dried carrot, dried celery stalk, maltodextrin, onion powder, potassium citrate, magnesium oxide, sodium caseinate, caramel added for color, spice, autolyzed yeast extract, potassium phosphate, mono- and diglycerides, natural and artificial flavor, ascorbic acid, annatto added for color, thiamine hydrochloride, alpha-tocopherol acetate, gum arabic, microcystalline cellulose, niacinamide, zinc oxide, reduced iron, disodium inosinate, calcium pantothenate, disodium guanylate, pyridoxine hydrochloride, beta-carotene, riboflavin, vitamin A palmitate, folic acid, biotin, potassium iodide, sodium selenite, vitamin D3, vitamin B12.

**Contains milk, soybean, wheat.**

Produced on equipment that also processes peanuts, tree nuts, egg, sesame, shellfish.

**DIRECTIONS:** Add package to 5 cups boiling water. Simmer 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

## CACCIATORE

### Nutrition Facts

Serving Size 1 Cup prepared (419 dry mix)
Servings Per Container 5

**Amount Per Serving**

| | |
|---|---|
| **Calories** 160 | **Calories from Fat** 40 |
| | **% Daily Value*** |
| **Total Fat** 4.5g | 7% |
| Saturated Fat **1g** | **5%** |
| *Trans* Fat 1.5g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 740mg | **31%** |
| **Potassium** 470mg | **13%** |
| **Total Carbohydrate** 24g | **8%** |
| Dietary Fiber 2g | **8%** |
| Sugars 6g | |
| **Protein** 6g | |

| | |
|---|---|
| Vitamin A 30% | • Vitamin 050% |
| Calcium 30% | • Iron 20% |
| Vitamin D 10% | • Vrtamin E 15% |
| Thiamin 25% | • Riboflavin 20% |
| Niacin 20% | • Vitamin B6 20% |
| Folate 40% | • Vrtamin B12 10% |
| Biotin 10% | • Pantothenic Acid |
| Phosphorous 25% •• | dine 10% |
| Magnesium 20% | • Znc 15% |
| Selenium 30% | • Copper 10% |

?warnn Mg*- am has* an a2000 dada dia Om Dal.valuas may ba higher or lomrclepffiding any* dads nerds

| Cs** | Zero | 2:00 |
|---|---|---|
| Total Fat | Lembo 8g | 80g |
| Siead Fat | Lembo 20g | 25g |
| Cholesterol | * s t e n 300mg | 3008 |
| Sodium | least* 2,400ma | 2,400m* |
| Pow. | 3,500mg | |
| Potessium | 3,500mg | |
| Total Cartebydrate | 300[ | 375[ |

Carts per gram:
Fat 9 • Carbohydalu 4 • Protein 4

**INGREDIENTS:** Enriched pasta [durum semolina (niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)], textured soy flour, corn syrup solids, partially hydrogenated soy and cottonseed oil, calcium phosphate, hydrolyzed corn protein, salt, textured soy flour, maltodextrin, dried carrot, dried celery stalk, potassium citrate, magnesium oxide, onion powder, dried garlic, dried onion, spice, caramel added for color, ascorbic acid, alpha-tocopherol acetate, gum arabic, microcrystalline cellulose, autolyzed yeast extract, niacinamide, zinc oxide, reduced iron, calcium pantothenate, thiamine hydrochloride, pyridoxine hydrochloride, natural flavor, beta-carotene, riboflavin, vitamin A palmitate, folic acid, disodium inosinate, disodium guanylate, biotin, potassium iodide, sodium selenite, vitamin D3, vitamin B12.

**Contains milk, soybean, wheat.**

Produced on equipment that also processes peanuts, tree nuts, egg, sesame, shellfish.

**DIRECTIONS:** Add package to 5 cups boiling water. Simmer 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

## COUNTRY NOODLE

### Nutrition Facts

Serving Size 1 Cup prepared (24g dry mix)
Servings Per Container 5

**Amount Per Serving**

| | |
|---|---|
| **Calories 80** | **Calories from Fat 10** |
| | **% Daily Value*** |
| **Total Fat** 1.5g | **2%** |
| Saturated Fat Og | |
| *Trans* Fat Og | |
| **Cholesterol** Omg | **0%** |
| **Sodium** 630mg | **26%** |
| **Potassium** 130mg | **4%** |
| **Total Carbohydrate** 16g | **5%** |
| Dietary Fiber less than **1g** | **3%** |
| Sugars 2g | |
| **Protein** 2g | |

| | |
|---|---|
| Vitamin A 20% | • Vrtamin C 35% |
| Calcium 35% | • Iron 20% |
| Vitamin D 15% | • Vitamin E 20% |
| Thiamin 25% | • Rboflavin 20% |
| Nbcin 20% | • Vitamin B6 2C% |
| Folate 45% | • Vita in B12 15% |
| Biotin 15% | • Pantolhenic Acid 20% |
| Phcephorcus 20% •• | Iodine 15% |
| Magnesium 20% | • **Znc20%** |
| Selenium 35% | |

*pears N o a h * ased on a 2,000 cabled* Your Waes may ba higher or law depencing *yor calorie needs

| Calories | 2,000 | 2,500 |
|---|---|---|
| TO Fat | Lesslin 65g | 80g |
| Sahrated Fat | bo | |
| Cholesterol | Lern 20g | 25g |
| Sodium | Lembo 300mg | 303mg |
| Potessium | [ashen 2,400ma | W * 9 |
| Total Carbohydrate | 3,500m0 | 3,503mg |
| Dietary Fiber | 3009 | 375[ |

Cark 11ra Prg:

• Carbal*rate 4 • Protein 4

**INGREDIENTS:** Enriched pasta [durum semolina (niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)], enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), dextrose, corn syrup solids, partially hydrogenated soy and cottonseed oil, calcium phosphate, hydrolyzed corn protein, salt, textured soy flour, maltodextrin, dried carrot, dried celery stalk, potassium citrate, magnesium oxide, onion powder, dried garlic, dried onion, spice, caramel added for color, ascorbic acid, alpha-tocopherol acetate, gum arabic, microcrystalline cellulose, autolyzed yeast extract, niacinamide, zinc oxide, reduced iron, calcium pantothenate, thiamine hydrochloride, pyridoxine hydrochloride, natural flavor, beta-carotene, riboflavin, vitamin A palmitate, folic acid, disodium inosinate, disodium guanylate, biotin, potassium iodide, sodium selenite, vitamin D3, vitamin B12.

**Contains wheat, soybean.**

Produced on equipment that also processes peanuts, tree nuts, milk, egg, sesame, shellfish.

**DIRECTIONS:** Add package to 5 cups boiling water. Simmer 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

## WESTERN STEW

### Nutrition Facts

Serving Size 1 Cup prepared (33g dry mix)
Servings Per Container 5

**Amain! Per Serving**

| | |
|---|---|
| **Calories 110** | **Calories from Fat 10** |
| | **% Daily Value*** |
| **Total Fat** 1g | **2%** |
| Saturated Fat Og | |
| *Trans* Fat Og | |
| **Cholesterol** Omg | **0%** |
| **Sodium** 820mg | **34%** |
| **Potassium** 370mg | **11%** |
| **Total Carbohydrate** 22g | **7%** |
| Dietary Fiber 3g | **12%** |
| Sugars 2g | |
| **Protein 4g** | |

| | |
|---|---|
| Vitamin A 15% | • Vrtamin C 40% |
| Calcium 30% | • Iron 15% |
| Vitamin D 10% | • Vrtamin E 10% |
| Thiamin 15% | • Riboflavin 15% |
| Niacin 15% | • Vitamin B6 2C% |
| Folate 35% | • Pita min B12 10% |
| Biotin 10% | • Pantothenic Acid 15% |
| Phosphorous 20% •• | Iodine 10% |
| Magnesium 20% | • Znc 15% |
| Selenium 15% | |

*Percent Daily Values are base:Iona ZCOO *ye tit Your Daib, values may be her or brier *penile on your able needs

| Calories | 2,000 | 2500 |
|---|---|---|
| Total Fat | L o t * | e* 80g |
| Saturated Fat | leaven | |
| Chalesbard | Tesla | |
| Sedum | imam | 2,400m0 ¥'007*2 |
| Potessium | | 3,500t9 3500t9 |
| Total Carbia*rate | | 300[ 375[ |
| Dietary R*- | | 25[ 30[ |

Carbal*rate 4 • Protein 4

**INGREDIENTS:** Dried potatoes, textured soy flour, corn starch, dried black beans, dried navy beans, dried into beans, salt, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine monohydrate, riboflavin, folic acid), hydrolyzed protein(corn, soy, wheat), partially hydrogenated soy and cottonseed oil, calcium phosphate, dried green peas, dried carrot, spice, maltodextrin, dried celery stalk, dried garlic, dried onion, caramel added for color, dried red and green bell pepper, potassium citrate, garlic powder, magnesium oxide, sugar, paprika added for color, autolyzed yeast extract, onion powder, ascorbic acid, sodium metabisulfite added to retain color, alpha-tocopherol acetate, gum arabic, microcrystalline cellulose, niacinamide, zinc oxide, reduced iron, calcium pantothenate, pyridoxine hydrochloride, beta-carotene, riboflavin, thiamine hydrochloride, vitamin A palmitate, folic acid, biotin, potassium iodide, sodium selenite, vitamin D3, vitamin B12.

**Contains soybean, wheat.**

Produced on equipment that also processes peanuts, tree nuts, milk, egg, sesame, shellfish.

**DIRECTIONS:** Add package to 5 cups boiling water. Simmer 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

## BARLEY VEGETABLE

### Nutrition Facts

Serving Size 1 Cup prepared (30g dry mix)
Servings Per Container 5

**Amount Per Souring**

| | |
|---|---|
| **Calories 110** | **Calories from Fat 20** |
| | **% Daily Value*** |
| **Total Fat** 2.5g | **4%** |
| Saturated Fat 0.5g | **3%** |
| *Trans* Fat 0.5g | |
| **Cholesterol** 0mg | |
| **Sodium** 470mg | **20%** |
| **Potassium** 410mg | **12%** |
| **Total Carbohydrate** 19g | **6%** |
| Dietary Fiber 3g | **12%** |
| Sugars 4g | |
| **Protein 4g** | |

| | |
|---|---|
| Vitamin A 30% | • Vrtamin C 60% |
| Calcium 40% | • Iron 25% |
| Vitamin D 15% | • Vitamin E 15% |
| Thiamin 25% | • Riboflavin 20% |
| Niaoin 20% | • Vitamin B6 20% |
| Fdate 40% | • Vitamin B12 15% |
| Biotin 15% | • Pantothenic Acid |
| Phosphorous 25% •• | Iodine 15% |
| Magnesium 20% | • Znc 20% |
| Selenium 15% | • |

*Percent **Vales are based on a2,000 calorie diel. Your D**lues may he higher or lanerdepanding on yaw calorie needs.

| Calories | 2000 | 2,500 |
|---|---|---|
| Toti Fat | O a t s | |
| | m | 80g |
| SaturatedFat | Imam | 4 |
| **sterol | Imam U r * | Ums |
| 8am | O a h e Z 4 0 0 m 9 | Za'[ |
| P o t * | 3500m9 | 3500n |

Carbohydrate 4 • Protein 4

**INGREDIENTS:** Barley,textured flour, dried carrot, dried onion, partially hydrogenated oil (canola, soy, cottonseed), corn syrup solids, dried potatoes, calcium phosphate, dried celery stalk, dried green peas, dried tomato, dextrose, maltodextrin, salt, hydrolyzed protein (corn, soy, wheat), dried leeks, dried red and green bell pepper, potassium citrate, magnesium oxide, caramel added for color, onion powder, autolyzed yeast extract, sodium caseinate, spice, ascorbic acid, potassium phosphate, mono- and diglycerides, artificial flavor, alpha-tocopherol acetate, gum arabic, microcrystalline cellulose, niacinamide, zinc oxide, reduced iron, calcium pantothenate, annatto added for color, sodium metabisulfite added to retain color, pyridoxine hydrochloride, beta-carotene, riboflavin, thiamine hydrochloride, vitamin A palmitate, folic acid, biotin, potassium iodide, sodium selenite, vitamin D3, vitamin B12.

**Contains milk, soybean, wheat.**

Produced on equipment that also processes peanuts, tree nuts, egg, sesame, shellfish.

**DIRECTIONS:** Add package to 5 cups boiling water. Simmer 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

## POTATO BAKON

### Nutrition Facts

Serving Size 1 Cup prepared (279 dry mix)
Servings Per Container 5

**Arnaud Per Serving**

| | |
|---|---|
| **Calories 90** | **Calories from Fat** 10 |
| | **% Daily Value*** |
| **Total Fat** 1.5g | **2%** |
| Saturated Fat Og | |
| *Trans* Fat Og | |
| **Cholesterol** 0mg | |
| **Sodium** 480mg | **20%** |
| **Potassium** 280mg | **8%** |
| **Total Carbohydrate** 19g | **6%** |
| Dietary Fiber 2g | **8%** |
| Sugars 2g | |
| **Protein 2g** | |

| | |
|---|---|
| Vrtamin A 20% | • Vitamin C 60% |
| Calcium 40% | • Iron 20% |
| Vrtamin D 15% | • Vitamin E 15% |
| Thiamin 20% | • Riboflavin 20% |
| Niadn 20% | • Vitamin B6 25% |
| Fdate 40% | • Vitamin B12 60% |
| Biotin 15% | • pantothenic Acid |
| Phosphorous 25% •• | Iodine 15% |
| Magnesium 20% | • Znc 20% |
| Selenium 20% | • |

*Pamant Daily Values are has/dea a 2000 calorie riot Your Daily, value rnay he higher ar law dasendig *pardons reads

| Cabin | 2000 | 2,500 |
|---|---|---|
| Ted Sair[a | Less than 65g | 80g |
| ited Fat | Last* 20g | 25g |
| MAlsterol | * a t m 300m8 | 300mg |
| Sedum | Less than 2,400mg | w |
| Pates*** | 3500mg | 3,503m[ |
| Total Carl**** | 3002 | 375e |
| Dc* Fiber | | |

Calkft pergram:
Fat 9 • Cartatedrate 4 • Proton 4

**INGREDIENTS:** Dried potatoes, dried onion, rice flour, textured soy flour, calcium phosphate, partially hydrogenated soy and cottonseed oil, dextrose, corn syrup solids, hydrolyzed corn protein, salt, maltodextrin, sour cream solids (cream, nonfat milk, cultures), dried red and green bell pepper. potassium citrate, magnesium oxide, onion powder, dried garlic, caramel added for color, spice, ascorbic acid, mono- and diglycerides, natural flavor, citric acid, sodium metabisulfite added to retain color, alpha-tocopherol acetate, gum arabic, microcrystalline cellulose, niacinamide, zinc oxide, reduced iron, sodium acid pyrophosphate, calcium pantothenate, potassium phosphate, Red 3, pyridoxine hydrochloride, beta-carotene, riboflavin, thiamine hydrochloride, vitamin A palmitate, folic acid, biotin, potassium iodide, sodium selenite, vitamin D3, vitamin B12.

**Contains milk, soybean.**

Produced on equipment that also processes peanuts, tree nuts, egg, wheat, sesame, shellfish.

**DIRECTIONS:** Add package to 5 cups boiling water. Simmer 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

## RICE LENTIL

### Nutrition Facts

Serving Size 1 Cup prepared (40g dry mbq
SeMngs Per Container 5

**Amount Per Servile**

| | |
|---|---|
| **Calories 140** | **Calories from Fat 15** |
| | **% Daily Value*** |
| **Total Fat** 1.5g | **2%** |
| Saturated Fat Og | |
| *Trans* Fat Og | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 400mg | **17%** |
| **Potassium** 330mg | **9%** |
| **Total Carbohydrate** 26g | **9%** |
| Dietary Fiber 2g | **8%** |
| Sugars 3g | |
| **Protein 6g** | |

| | |
|---|---|
| Vitamin A 15% | • Vrtamin C 30% |
| Calcium 30% | • Iron 25% |
| Vitamin D 10% | • Vitamin E 10% |
| Thiamin 30% | • Rboflavin 15% |
| Niacin 20% | • Vitamin B6 20% |
| Folate 50% | • Vitamin B1210% |
| Biotin 10% | • Pantolhenic Acid 15% |
| Phosphorous 25% • | Iodine 10% |
| Magnesium 20% | • Znc 20% |
| Selenium 20% | • Ccpper **10%** |

'Percant DatiValurs a *sad one 2,00 calm% diet Your Dainties nate *hem Ivaerdepending onycur Made um&

| Calories | 2,000 | 2500 |
|---|---|---|
| Total Fat | Lembo dig | 80g |
| Sahra* Fat | Lembo ?ip | 25g |
| Ihdesterol | Lembo 300mg | 30019 |
| Sodium | Lessian Zama | M** |
| Pots*** | 3,500mg | 3,500mg |
| Total Carbohydrate | 3009 | 3759 |
| De* Fiber | ra[ | 309 |

Calories pxp.m:
Fat 9 • Cabohydrate 4 • Mina

**INGREDIENTS:** Rice, textured soy flour, dried lentils, partially hydrogenated soy and cottonseed oil, dried carrot, dried onion, calcium phosphate, salt, maltodextrin, dextrose, corn syrup solids, hydrolyzed corn protein, dried garlic, potassium citrate, magnesium oxide, autolyzed yeast extract, onion powder, caramel added for color, ascorbic acid, natural flavor, alpha-tocopherol acetate, gum arabic, thiamine hydrochloride, microcrystalline cellulose, niacinamide, zinc oxide, reduced iron, disodium inosinate, calcium pantothenate, disodium guanylate, pyridoxine hydrochloride, beta-carotene, riboflavin, vitamin A palmitate, folic acid, biotin, potassium iodide, sodium selenite, vitamin D3, vitamin B12.

**Contains soybean.**

Produced on equipment that also processes peanuts, tree nuts, milk, egg, wheat, sesame, shellfish.

**DIRECTIONS:** Add package to 5 cups boiling water. Simmer 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

## CORN CHOWDER

### Nutrition Facts

Serving Size 1 Cup prepared (35g dry mix)
Servings Per Container 5

**Armed Per Serving**

| | |
|---|---|
| **Calories 140** | **Calories from Fat 35** |
| | **% Daily Value*** |
| **Total Fat 4g** | **6%** |
| **Saturated Fat 1g** | **5%** |
| *Trans* **Fat 1g** | |
| **Cholesterol** 0mg | |
| **Sodium** 480mg | **20%** |
| **Potassium** 310mg | **0%** |
| **Total Carbohydrate** 24g | **0%** |
| Dietary Fiber **1g** | **4%** |
| Sugars 5g | |
| **Protein 3g** | |

| | |
|---|---|
| Vrtamin A 20% | • Vrtamin C 60% |
| Calcium 40% | • Iron 20% |
| Vrtam in D 20% | • Vitamin E 20% |
| Thiamin 25% | • Riboflavin 20% |
| Niacin 20% | • Vitamin B6 20% |
| Fdate 40% | • Vitamin B12 50% |
| Biotin 20% | • Pantothenic Acid 20% |
| Phosphorous 30% • | Iodine 20% |
| Magnesium 25% | • Znc 2051 |
| Selenium 20% | |

*Percent Daily Values am based an a 2,000 calorie diet Vora*, values may he higher or bar depend0 an your calorie needs

| Cab* | 2000 | 2,500 |
|---|---|---|
| Tara Fat | Less than 65g | 80g |
| Saturated Fat | Less than | |
| Cholesterol | Less than | s |
| SodiumLess than | | 2/000Zamo |
| Potassium | | 35009 3,500n10 |
| Tod Carbohydrate | | 3700 3759 |
| Dielarigher | | 259 339 |

Mes17 • Carbohydrate4 • Prot& 4

**INGREDIENTS:** Dried sweet corn, corn syrup solids, corn flour, partially hydrogenated oil (canola, soy, cottonseed), dried onion, rice flour, dried potatoes, calcium phosphate, textured soy flour, dextrose, hydrolyzed corn protein, salt, maltodextrin, dried celery stalk, dried red and green bell pepper, sour cream solids (cream, nonfat milk, cultures), dried garlic, sugar, potassium citrate, magnesium oxide, sodium caseinate, onion powder, potassium phosphate, mono- and diglycerides, natural and artificial flavor, caramel added for color, spice, ascorbic acid, annatto added for color, citric acid, alpha-tocopherol acetate, gum arabic, microcrystalline cellulose, niacinamide, zinc oxide, reduced calcium pantothenate, sodium metabisulfite added to retain color, Red 3, pyridoxine hydrochloride, beta-carotene, riboflavin, thiamine hydrochloride, vitamin A palmitate, folic acid, biotin, potassium iodide, sodium selenite, vitamin D3, vitamin B12.

**Contains milk, soybean.**

Produced on equipment that also processes peanuts, tree nuts, egg, wheat, sesame, shellfish.

**DIRECTIONS:** Add package to 5 cups boiling water. Simmer 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

## BLUEBERRY PANCAKES

### Nutrition Facts

**Serving Size 3- 4' Pancakes (56g dry mix (1/2 cup))**
**Servings Per Container 5**

**Amount Per Serving**

| | |
|---|---|
| **Calories 210** | **Calories from Fat 27** |
| **% Daily Value*** | |
| **Total Fat 3g** | **4%** |
| Saturated Fat **1g** | **4%** |
| *Trans* Fat Og | |
| **Cholesterol 10mg** | **4%** |
| **Sodium 750mg** | **31%** |
| **Total Carbohydrate 40g** | **13%** |
| Dietary Fiber 2g | 1% |
| Sugars 6g | |
| **Protein 6g** | |

| | |
|---|---|
| Vitamin A 0% | • Vitamin C 0% |
| C a b = 2% | • I = 10% |

?nerd DatiValues are based on a ZOCO calorie dieter Daly values rroY be higher or bardepending on your calorie needs

| Calories | 2,000 | 2,500 |
|---|---|---|
| Total Fat | Less than 65g | |
| *anted Fat | Less than | |
| Cholesterol | Less than | 2 |
| Dietary Fiber | 25g | 30g |
| Cafcdasper grant | | |
| | Fat 9 • Carbohydrate 4 | |

**INGREDIENTS:** Enriched bleached flour (flour, niacin, reduced iron, thiamine mono-nitrate, riboflavin), artificial blueberry nuggets (dextrose, partially hydrogenated soybean and cottonseed oils, flour, citric acid, cellulose gum, maltodextrin, pectin, artificial flavor, blue #1, red #40), sugar, soya flour, corn

sodium bicarbonate, powdered whole eggs, sodium acid pyrophosphate, salt, monocalci um phosphate.

**Contains wheat, soy, milk and eggs.**

**DIRECTIONS:** Add 2 cups of water mixing slowly. For fluffier pancakes add less water. Batter should be slightly lumpy. Pour onto hot skillet 1-1/4 minutes for each side. Let batter set for better hydration of blueberry.
Note: Add or reduce water for desired consistency.

iron,

## WHEY MILK

### Nutrition Facts

**Serving Size 1 Cup (8 oz fl) prepared (20g dry mix)**
**Servings Per Container 5**

**Amami Per Serring**

| | |
|---|---|
| **Calories** 80 | **Calories from Fat 20** |
| | **% Daily Value*** |
| **Total Fat** 2g | **3%** |
| Saturated Fat 2g | 9% |
| *Trans* Fat Og | |
| **Polyunsaturated** Og | |
| **Monounsaturated Og** | |
| **Cholesterol** Omg | 0% |
| **Sodium** 130mg | **6%** |
| **Potassium** 340mg | **10%** |
| **Total Carbohydrate** 12g | **4%** |
| Dietary Fiber Og | 0% |
| Sugars **IOg** | |
| **Protein** 3g | |

| | |
|---|---|
| Vitamin A 25% | • Vitamin C 0% |
| Callum 30% | • Iron 0% |

Percent Daily Values are based cs a 2500 clot clet Your DaiNvalues

| Calories: | 2,000 | 2,500 |
|---|---|---|
| Total Fat | less than | 65g 8 8 |
| Saturated at | Less than | |
| Pratein[ | DiataY Fiber | 25g 30g |

Calories per gram:

**INGREDIENTS:** Sweet dairy whey, non-fat dry milk solids, corn syrup solids, (contains one or more of the following: sunflower oil and/or soya oil), sodium caseinate (a milk derivative), , , carrageenan, Vitamin A, Vitamin D3, calcium.

**Contains milk and soy. Processed on equipment that also processes eggs.**

**DIRECTIONS:** Add content of package to 5 cups of water, for richer flavor add less water. Add or reduce for desire consistency.

For best taste and nutritional value, use product before:

*20 years of manufacturing date when store at 60F (16.6C).